

present law, is unsatisfactory and should be amended.

The A. M. A. has undertaken an enormously valuable work in the establishment of its Council on Pharmacy and Chemistry, and this action should be endorsed by our Society. It also occurs to your Secretary that we should extend an acknowledgment of our appreciation to *Collier's Weekly*, *The Ladies' Home Journal* and some of our California papers for their excellent work in fighting the great American fraud, the nostrum evil.

Care should be exercised by the House of Delegates in electing delegates to the A. M. A. who will attend to the duties placed upon them by virtue of such office. At only one session of the Portland meeting of the Association was California represented in the House of Delegates by more than two delegates.

A request has come from the A. M. A. for us to establish a Council on Education of this State Society to co-operate with the Council on Medical Education of the A. M. A.

The question of fees for insurance examinations has been agitated in many counties of our state and the demand is overwhelming that a minimum fee of \$5 should be paid. Your Secretary has been requested to present this matter to your honorable body for your consideration.

A suggestion has been received with the request that it be presented to this House of Delegates, that some action be taken to secure better advantages for medical men who desire to make use of our state library, located in Sacramento. The medical section of this library has received little attention at the hands of the librarian (your Secretary is informed), and might be made very much more valuable and useful. It has been suggested that a special committee of this Society be appointed to confer with the library authorities at Sacramento and endeavor to increase the usefulness of this portion of the State Library.

PUBLICATIONS.

The Register account from May to April has cost the Society \$2015.80. During the same period we have received \$1925.37. The loss is therefore \$90.43. In all probability the publication of the Register will continue to be at a loss, though at the present time the editor has under consideration a plan for securing subscriptions to the Register and the JOURNAL combined, which may increase the circulation and sale of the Register and eliminate the element of loss.

JOURNAL.

In 1904 the income from the JOURNAL advertising was \$4017.28; in 1905 it was \$5907.04, an increase of \$1889.76. For the first three months of 1906 the receipts have been \$1602.41, showing an increase for the year 1906 of approximately \$1000. The JOURNAL is now being published at an excess of receipts over expenses of approximately \$1200, and this in spite of the fact that it has been increased in size to eighty pages. The cost has been reduced so that the profit for the first three months of this year is \$326.31, as against \$86.45 last year.

The expert who investigated the affairs of the Society recommended that the number of reading pages be not increased to correspond with the number of advertising pages, so that the profit to be derived might be increased. This recommendation was presented to your Council, but the Council considered that the scientific value of the JOURNAL should receive consideration first, and that its earning capacity from the advertising standpoint should be a matter of secondary consideration, so long as its receipts exceed its cost.

The showing is somewhat deceptive, for many of our new contracts, calling for quarterly payments, do not mature until April or May.

PHILIP MILLS JONES, Secretary.

A REVIEW OF WHAT HAS BEEN DONE FOR THE PREVENTION OF THE SPREAD OF TUBERCULOSIS IN THE STATE OF CALIFORNIA, WITH SUGGESTIONS FOR FUTURE ACTIVITY.

*Third Annual Report of the Tuberculosis Committee of the Medical Society of the State of California.**

When the Tuberculosis Committee of the State Society was appointed three years ago, very little active work looking toward the prevention of tuberculosis was in progress. Efforts had been made now and then, but they were often ill-advised and impractical. The main idea of prevention that had been crystalized into definite shape was that of state quarantine. This measure had actually received consideration from thinking men and was advocated by them. Aside from the fact that such a measure is impractical, unconstitutional, and inhumane, it is unscientific and entirely unnecessary.

It being undesirable and entirely out of the question to quarantine the state against the incoming of individuals suffering from tuberculosis, and as tuberculosis is a communicable disease, dangerous to the public health, unless properly controlled, it behooves the citizens of this great State of California to address themselves to the prevention of this disease.

During the past three years, very satisfactory progress has been made. When this committee was appointed, there was only one other organization in the state which was endeavoring to prevent the spread of the "great white plague" in a scientific and humane manner. That was the Southern California Anti-Tuberculosis League, whose work at that time had just begun.

Up to the present time, the Southern California Anti-Tuberculosis League has done more active work in prevention than any other organization. It has distributed thousands of circulars throughout the homes in the southern part of the state. It has held several public meetings to which the laity have been invited, and it has furnished lecturers to numerous organizations requesting the same. On May

*Presented at the Thirty-sixth Annual Meeting of the State Society, San Francisco, April, 1906.

28th, of this year, the league established a dispensary in Los Angeles to be known as the Helping Station of the Southern California Anti-Tuberculosis League. This is to be more than a dispensary in the ordinary sense in which this term is understood. It is to be a place where the afflicted may be treated and instructed, where the needy may be given food, and where all may receive that help which will best further their improvement or cure, and where, at the same time, they will be instructed how to prevent the spread of the disease. When tuberculosis is found in a family, the other members of the family will be sent for and examined, that all foci of infection may be known, and that the best chances of cure may be offered where the disease is already present. A visiting nurse will be associated with the station, who will visit the homes and further instruct the patients and their friends in the carrying out of preventive measures.

The Tuberculosis Committee of the State Society has also done some work which we hope will bear fruit. It made a collective investigation of data pertaining to the disease in our state, and made an effort to secure the establishment of a state sanatorium at the meeting of the last legislature. While this much needed legislation failed for the time, yet the forces are again being marshalled and the matter will again be taken up at the next session of the legislature.

The committee, through one of its members, has recently succeeded in organizing the work in San Francisco, and hopes to have hearty support from the people, that it may be the means of doing great good in checking the spread of this preventable disease. A dispensary and tent colony are in contemplation for San Francisco. The committee has recently completed a report dealing with the main features of the disease, which is to be used as an educational document throughout the state.

Pasadena has recently organized a Tuberculosis Committee under the auspices of the Associated Charities. A helping station similar to the one outlined for Los Angeles will be established, and a tent colony will also be maintained.

Aside from this, private institutions have done much. The Barlow Sanatorium in Los Angeles, and the Settlement at Redlands have done a great good for those who have been fortunate enough to obtain help in these institutions.

Several private institutions have also been established where pay patients may be treated. This is surely a satisfactory progress for three years. The work is starting everywhere along the line. There remains much, however, that is still undone.

The matter of education must be pushed. Leaflets, lectures and the press must be utilized to greater advantage. The laymen must be taught that this disease is communicable, almost wholly preventable, and, if diagnosed early, curable. They must be made to appreciate the importance of early diagnosis and seeking expert medical advice at the first approach of the disease. The medical men must also learn what early diagnosis means both for the chances of cure for the afflicted, and the

prevention of the spread of infection. Medical men must deal honestly with their patients, if they will afford them the chance of recovery and if they will prevent the spread of the disease. Withholding from the patient the facts relative to the presence of tuberculosis, in the light of our present knowledge of the disease, is not only inexcusable, but criminal, and responsible for hundreds of deaths and hundreds of new infections in our state every year.

We would earnestly urge upon the medical profession the importance of early diagnosis and that which should accompany it, informing and instructing the patient.

We would also urge upon the part of the medical profession the importance of health board control of the disease, not for the purpose of quarantine or placarding the houses occupied by tuberculous patients, but that every focus of the disease may be known to the health board, so that the patient may be instructed and the premises cleansed and disinfected after removal or death of the patient. While the disease is almost wholly preventable, yet it cannot be prevented unless physicians assist the health authorities in its prevention.

Perhaps the most important institution for the prevention of the spread of tuberculosis is the dispensary, or helping station. The superior value of this institution depends upon the fact that it is visited by those who live under the most unhygienic conditions, and consequently are most prone to spread the disease. While the dispensary or helping station is not a satisfactory place to treat tuberculosis, its value for prevention cannot be overestimated, for its patrons are not only instructed, but they are followed up in their homes to see that they carry out the instructions.

A dispensary, however, is very much hampered, unless the proper hospital and sanatorium facilities are furnished for the completion of the work. Suppose tuberculosis is discovered during its early state in members of these poor families, there can be little hope of cure offered unless these patients are relieved from making a living and from family cares, and unless they can be given proper food and care, such as can be afforded in a sanatorium. True, they can be instructed how to prevent the spread of the disease outside of a sanatorium, but if they could be cured, their families would have their support and they would no longer be capable of spreading the disease. When advanced cases are found in densely crowded quarters, where they are endangering the lives of those associated with them, in order to remove the danger of infecting others, they should be removed to suitable hospitals.

So, in order to utilize our forces best for the prevention of the spread of tuberculosis in the State of California, we would urge,

1. Education,
2. Early diagnosis with informing and instruction of the patient,
3. Health Board control and disinfection of rooms occupied by tuberculosis individuals,
4. Dispensaries or Helping Stations,
5. Sanatoria for early cases,

6. Hospitals for advanced cases.

We would request that the members of our Society give their support to all such measures to the end that we may reduce the suffering and deaths caused by this preventable and curable disease, and we would especially urge their earnest support of the bill which will be introduced in the next legislature, providing for the establishment of a State Sanatorium.

FRANCIS M. POTTENGER,
GEORGE L. COLE,
GEORGE H. EVANS,
JNO. C. KING,
EDWARD VON ADELUNG.

DISCUSSION.

Dr. Jno. C. King said: The report of your committee on tuberculosis is devoted to "The Administrative Control of Tuberculosis." In large cities and in smaller municipalities this problem of "control" must be solved by and through the administration, which includes mayors, town councils, police justices and officers, health boards and officers, etc. In unincorporated towns and rural communities no administration exists. In such places people are governed exclusively by state law and by such regulations as county boards of supervisors may enact. These laws and regulations, so far as they relate to sanitation, are absent or altogether perfunctory. Even when they exist no provision is made, nor can be made, for their enforcement, except through the local constable, who will never voluntarily assume the burden.

Now, in Southern California, at least, these rural communities are the very ones that need administrative control. Many of them have established reputations as health resorts for tubercular patients, and their population consists largely of consumptives and their families. The force of public opinion is the only power that will compel the enforcement of law anywhere in this country, and this is especially true in localities where no administrative machinery exists. The point I wish to make is that physicians, and they alone, can create and cultivate the public opinion that will result in the sanitary regulation of tuberculosis.

With your permission, I will use the town of Banning, where I live, as an illustration. Banning is not incorporated and has a population of about 1000. For the purpose of this paper I have investigated each house and each family. Actual consumptives constitute about 12 per cent of the population. Fifty-three per cent of the resident families come to Banning on account of tuberculosis in some member of the family. Thirty-one per cent of the dwelling houses are, or have been, hotels and boarding houses where tubercular patients are received. Seventy-two per cent of the dwellings have housed such patients. From such statistics one would expect tuberculosis to be prevalent among the resident population, especially as so many of them possess inherited tubercular tendencies. As a matter of fact, aside from strictly im-

ported cases, not one single case of tuberculosis has occurred in Banning during the past ten years. The disease is absolutely unknown among our resident population. Three physicians reside in Banning, and to the educational work done by them may be largely attributed our present immunity from infection.

The five minutes at my disposal prohibits a detailed description of the sanitary measures prevalent in our town. The Tudor House, under my supervision, serves as an example and object lesson. It is devoted exclusively to consumptives. When a room is vacated it is sealed and fumigated with formaldehyde for twenty-four hours; then all woodwork, including floor, is painted and the walls calcimined. Any patient who expectorates on the premises, outside of his own spit-cup, is discharged, regardless of wealth or social position. I have not time to allude to the various sanitary measures in daily use in this house, which accommodates twelve patients, nor do they come within the scope of this paper. The point is the example. As a result, all the hotels and larger boarding-houses possess apparatus for generating formaldehyde; and the demand for fumigation of rented cottages and rooms has become such that one competent man has included fumigation in his business. The Woman's Club and the Business Men's Club have materially assisted in fostering the sanitary idea. A large percentage of our people sleep out doors, summer and winter; many having built screened rooms or porches for the purpose. Of course, excess of sunlight and other climatic advantages have rendered our fight against infection a comparatively easy one. Nevertheless, without administrative facilities, through mere force of public opinion, judiciously guided, we have protected ourselves against the disease, and what we have done can be accomplished anywhere. There is not in Banning to-day, nor has there been for ten years past, a single case of tuberculosis that has not been imported into it.

DRUGGISTS AND NOSTRUMS

"So long as doctors are 'easy,' and so long as there is money in selling nostrums, druggists seem to think that it is all right for them to conduct a 'scientific' prescription department in the rear of the store for the doctors, and a 'commercial' 'patent-medicine' bazaar out in front for the physicians' patrons. But doctors are not as 'easy' now as they have been. Some of them never have been heartily in favor of sending their patients to the nostrum bazaars for their medicines, and so have quietly taken to dispensing; and others of them are now taking an active part in the crusade against fraud and deceit of a medical nature, and are passing resolutions at their county, state and national meetings, calling upon druggists to withdraw their active support of the medicine fakers. The lines are tightening, and the druggists will soon have to choose whom they will serve—the medical profession or the medical frauds. The day is coming when they can not serve both, and the indications are that the druggists' minds are made up as to whether they will keep the respectable crowd or go over to the anything-for-the-money gang."—Druggists' Circular.